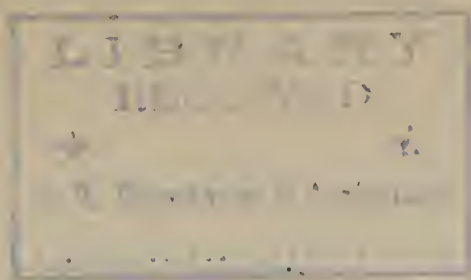


## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.





## COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE  
AND STATE AGRICULTURAL COLLEGES,  
COOPERATING.

STATES RELATIONS SERVICE, OFFICE OF  
EXTENSION WORK, NORTH AND WEST,  
WASHINGTON, D. C.

### HOME CANNING CLUB INSTRUCTION—CANNING OF SOUPS.

By GEORGE E. FARRELL,  
*Assistant in Boys' and Girls' Agricultural Club Work.*

After you have learned how to can fruits and vegetables successfully, the next logical step is to transform meat scraps, bones, ligaments, and odds and ends of vegetables and cereals into an economical as well as very palatable product for the home—something that can in a few moments' time be prepared and made ready for use as a hot dish for the winter months.

The canning of vegetable soups, purees, and consommés is thoroughly practical, and should be a part of the canning work of every Home Canning Club member. It will be a delight to the club members to be able to reach to a shelf for a home-canned pack of soup, open it, heat it, and serve within a few minutes' time.

We are accused of being a wasteful people, wasting much of the products of garden and farm. The bones that are often discarded when meat is being packed for winter use contain valuable food. Let us develop, through soup making and soup canning, habits of economy and education in thrift. The bones from beef and chicken are by far the most common, though others can be used.

Every club member should know how to can these soups. The following instructions, as an additional and advance series, can be followed by club members in this work. All of the Home Garden and Canning Club members who have been members for two years should, in addition to their other canning work, take up the canning of soups. File these instructions with the other NR Series from the United States Department of Agriculture which you have received as follow-up instruction in home canning.

#### CANNING RECIPES.

##### SOUP STOCK.

Secure 25 pounds of beef hocks, joints, and bones containing marrow. Strip off fat and meat and crack bones with hatchet or cleaver. Place broken bones in a thin cloth sack and place the same in a large kettle containing 5 gallons of cold water. Simmer (do not boil) for 6 or 7 hours. Do not salt while simmering. Skim off all fat. This should make about 5 gallons of stock. Pack hot in glass jars, bottles, or enameled or lacquered tin cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 40 minutes if using hot-water bath outfit; 30 minutes if using water-seal or 5-pound steam-pressure outfit; 25 minutes if using pressure-cooker outfit.

##### *Checking list.*

Supplies needed before making soup stock. Check with this list before beginning work.  
25 lb. of beef bones.  
5 gal. water.

##### VEGETABLE SOUP.

Soak  $\frac{1}{4}$  lb. lima beans and 1 lb. rice for 12 hours. Cook  $\frac{1}{2}$  lb. pearl barley for 2 hours. Blanch 1 lb. carrots, 1 lb. onions, 1 medium-sized potato, and 1 red pepper for 3 minutes and cold dip. Prepare the vegetables and cut into small cubes. Mix thoroughly lima beans,

rice, barley, carrots, onions, potatoes, red pepper. Fill glass jar or the enameled tin cans three-fourths full of the above mixture of vegetables and cereals. Make a smooth paste of  $\frac{1}{2}$  lb. of wheat flour and blend in 5 gallons soup stock. Boil 3 minutes and add 4 oz. salt. Pour this stock over vegetables and fill cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 90 minutes if using the hot-water bath outfit; 75 minutes if using a water-seal or 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

Supplies needed before making soup. After filling recipe, check with this list and then sterilize.

$\frac{1}{4}$ lb. lima beans.	1 medium-sized potato.
1 lb. rice.	1 red pepper.
$\frac{1}{2}$ lb. pearl barley.	$\frac{1}{2}$ lb. flour.
1 lb. carrots.	4 oz. salt.
1 lb. onions.	5 gal. soup stock.

**CREAM OF PEA SOUP.**

Soak 8 lb. of dry peas overnight. Cook until soft. Mash fine. Add the mashed peas to  $5\frac{1}{2}$  gal. of soup stock and bring to boil. Pass the boiling liquid through a fine sieve. Make a smooth paste of  $\frac{1}{2}$  lb. flour and add paste, 10 oz. of sugar, and 3 oz. of salt to the soup stock. Cook until soup begins to thicken. Pack in glass jars or tin cans. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using hot-water bath outfit; 80 minutes if using water-seal outfit; 70 minutes if using 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

$5\frac{1}{2}$ gal. soup stock.	10 oz. granulated sugar.
8 lb. dry peas.	$\frac{1}{2}$ lb. flour.
3 oz. salt.	

**CREAM OF POTATO SOUP.**

Boil  $1\frac{1}{2}$  lb. of potatoes, sliced thin, and 5 gal. of soup stock for 10 minutes. Add 3 oz. of salt,  $\frac{1}{4}$  teaspoonful of pepper, and  $\frac{1}{2}$  lb. of butter, and boil slowly for 5 minutes. Make 3 tablespoonfuls of flour into smooth paste and add to the above. Cook 3 minutes and pack in glass jars or tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 90 minutes if using hot-water bath outfit; 75 minutes if using water-seal outfit; 65 minutes if using 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

5 gal. soup stock.	$\frac{1}{4}$ teaspoonful pepper (scant).
$1\frac{1}{2}$ lb. thin sliced potatoes (culls will do).	$\frac{1}{2}$ lb. butter.
3 oz. salt.	3 tablespoonfuls flour.

**BEAN SOUP.**

Soak 3 lb. of beans 12 hours in cold water. Cut 2 lb. of ham meat into  $\frac{1}{4}$ -inch cubes and place in a small sack. Place beans, ham, and 4 gal. of water in kettle and boil slowly until the beans are very soft. Remove the ham and beans from the liquor and mash the beans fine. Return ham and mashed beans to the liquor and add 5 gal. of soup stock and seasoning, and bring to boil. Fill into glass jars and tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Process 2 hours if using hot-water bath outfit; 90 minutes if using water-seal outfit; 75 minutes if using 5-lb. steam-pressure outfit; 60 minutes if using pressure-cooker outfit.

*Checking list*

5 gal. stock.	4 gal. water.
3 lb. beans.	Salt and pepper to taste.
2 lb. lean ham.	



## OKRA SOUP.

Slice 8 lb. okra into thin slices the round way. Blanch 10 minutes and cold dip. Boil  $1\frac{1}{2}$  lb. rice for 25 minutes. Mix okra and rice and fill cans or jars half full. To 5 gal. soup stock add 5 oz. salt,  $\frac{1}{4}$  teaspoonful of coriander seed, and  $\frac{1}{4}$  teaspoonful of powdered cloves, and bring to boil. Fill remaining portion of jars or cans. Partially seal glass jars. (Cap and tip tin cans.) Process 2 hours if using hot-water bath outfit; 90 minutes if using water-seal outfit; 75 minutes if using 5-lb. steam-pressure outfit; 60 minutes if using pressure-cooker outfit.

*Checking list.*

5 gal. soup stock (see No. 1).	$\frac{1}{4}$ teaspoonful powdered cloves.
8 lb. okra.	$1\frac{1}{2}$ lb. rice.
$\frac{1}{4}$ teaspoonful coriander seed.	5 oz. salt.

## TOMATO PULP FOR CREAM OF TOMATO SOUP.

Place tomatoes in a wire basket or piece of cheesecloth and plunge into boiling water from 1 to 3 minutes. Plunge into cold water. Remove the skin and core. Place tomatoes in kettle and boil 30 minutes. Pass tomato pulp through a sieve. Pack in glass jars and tin cans while hot, and add a level teaspoonful of salt per quart. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 20 minutes if using hot-water bath outfit; 18 minutes if using water-seal or 5-lb. steam-pressure outfit; 15 minutes if using pressure-cooker outfit.

## CREAM OF TOMATO SOUP FROM CANNED TOMATO PULP.

Place 1 quart of tomato pulp in kettle. Add  $\frac{1}{8}$  teaspoonful of baking soda, pepper and salt to taste, 2 teaspoonfuls of granulated sugar. Boil for 7 minutes. Place 1 quart of milk and 2 tablespoonfuls of butter in a kettle and simmer for 7 minutes. Add contents of tomato kettle to contents of milk kettle and boil for 5 minutes. The product is then ready to serve.

*Checking list.*

1 quart can tomato pulp.	1 qt. milk.
$\frac{1}{8}$ teaspoonful baking soda.	2 tablespoonfuls butter.
2 teaspoonfuls granulated sugar.	Salt and pepper to taste.

## CHICKEN-SOUP STOCK.

Place 30 lb. chicken in 10 gal. of cold water and simmer for 5 hours. Remove meat and bones, then strain. Add sufficient water to make 10 gal. of stock. Fill glass jars or tin cans with hot stock. Partially seal glass jars. (Cap and tip tin cans.) This stock is used to make soup where the term "chicken-soup stock" is used. Process 90 minutes if using hot-water bath outfit; 75 minutes if using water-seal outfit; 60 minutes if using 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

30 lb. chicken.
10 gal. water.

## CHICKEN BROTH WITH RICE.

For each gallon of soup stock use 12 oz. of rice. Boil rice 30 minutes. Fill jars or tin cans two-thirds full of rice and the remainder with soup stock. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using hot-water bath outfit; 75 minutes if using water-seal outfit; 60 minutes if using 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

1 gal. chicken-soup stock.  
12 oz. rice.

**CHICKEN GUMBO.**

Cut 2 lb. ham into small cubes and boil 30 minutes. Mince 3 lb. chicken and chop  $\frac{1}{2}$  lb. onions fine. Make a smooth paste of  $\frac{1}{2}$  lb. flour. Add above to 5 gal. of chicken-soup stock. Then add  $\frac{1}{2}$  lb. butter and  $\frac{1}{4}$  lb. salt and boil 10 minutes. Then add 3 oz. powdered okra mixed with 1 pint water. Fill into glass jars or tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using hot-water bath outfit; 75 minutes if using water-seal outfit; 60 minutes if using 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

5 gal. chicken-soup stock.	$\frac{1}{2}$ lb. butter.
3 lb. minced chicken.	$\frac{1}{4}$ lb. salt.
2 lb. ham.	$\frac{1}{2}$ lb. flour.
$\frac{1}{2}$ lb. onions.	3 oz. powdered okra.

**VEGETABLES (MIXED) WITHOUT STOCK.**

Many people would like vegetable soup during the winter season, but find it impracticable to secure the soup stock during the summer season when the vegetables are so abundant that they are rotting in the garden. It is suggested that the vegetable portion of the soup be canned during the summer and made available when the soup stock is prepared during the winter. It makes the preparation of soup a simple matter whenever the stock is available.

Soak 6 lb. lima beans and 4 lb. dry peas over night. Boil each  $\frac{1}{2}$  hour. Blanch 16 lb. carrots, 6 lb. cabbage, 3 lb. celery, 6 lb. turnips, 4 lb. okra, 1 lb. onions, and 4 lb. parsley for 3 minutes and dip in cold water quickly. Prepare vegetables and chop into small cubes. Chop the onions and celery extra fine. Mix all of the above thoroughly and season to taste. Pack in glass jars or tin cans. Fill with boiling water. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using hot-water bath outfit; 60 minutes if using water-seal outfit or 5-lb. steam-pressure outfit; 45 minutes if using pressure-cooker outfit.

*Checking list.*

16 lb. carrots (small).	4 lb. okra.
6 lb. cabbage.	1 lb. onions.
3 lb. celery (stems and leaves).	4 lb. parsley.
6 lb. turnips.	4 lb. dry peas.
6 lb. lima beans.	Salt and pepper to taste.

NOTE.—These recipes are prepared for the canning of soup in the home and for home consumption. Those making soups from these recipes for sale within the State should consult the Food Commissioner of the State as to State food regulations. When these products are intended for sale in another State, or for interstate or foreign shipment, the canners should consult the Bureau of Chemistry concerning requirements under the Food and Drugs Act or the Bureau of Animal Industry, U. S. Department of Agriculture, Washington, D. C., regarding meat-inspection regulations.

*O. V. Benson*

*In Charge Boys' and Girls' Club Work in the North and West.*

Approved:

C. B. SMITH,

*Chief, Office of*

*Extension Work in the North and West.*